

Iyengar Yoga Holiday

with
Amparo Rodriguez and Kate Rathod

Saturday 30th May – Saturday 6th June 2009
Benirras Beach, Ibiza



Benirras is in the unspoilt north of the island. A perfect slice of creamy sand, shielded from the sea by a natural harbour, and from the land by steep, forested hills. Famous for its wonderful sunsets, the west facing bay is home to a rock known as 'The King of Benirras' which sits majestically in the crystalline waters.

The beach has three typical Spanish restaurants and a snack bar. There are sun loungers and umbrellas, paddle boats and canoes for hire.

The local towns are San Juan and St Miguel.

The cost for accomodation, all yoga tuition (2 classes x 6 days), breakfast and some meals is £425.00 per person for a shared twin pagoda.

Flights are not included in the price, but can be as little as £40 each way.

It is possible to bring non-yoga friends and partners. However there are a limited number of places.

It is required that you have a minimum of 1 year Iyengar Yoga practice.



For more information and booking please contact:
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See www.ibizayoga.com for venue information